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SUBJ/PUBLIC AFFAIRS-NAVAL SERVICE MEDICAL NEWS (NSMN) (95-39)//  
POC/SHEILA GRAHAM/CDR/MED-00P (PUBLIC AFFAIRS)/-/TEL:(202) 762-  
3218/TEL:DSN 762-3218//

RMKS/1. THIS SERVICE IS FOR GENERAL DISTRIBUTION OF INFORMATION AND NEWS OF INTEREST TO NAVY AND MARINE CORPS MEMBERS, CIVILIAN EMPLOYEES, FAMILY MEMBERS AND RETIRED BENEFICIARIES OF NAVY MEDICINE. MAXIMUM AND TIMELY REDISTRIBUTION OR FURTHER REPRODUCTION AND USE BY ACTION ADDRESSEES IS ENCOURAGED. THIS MESSAGE HAS BEEN COORDINATED WITH THE COMMANDANT OF THE MARINE CORPS (CMC). THE COMMANDANT HAS AUTHORIZED TRANSMISSION TO MARINE CORPS ACTIVITIES.

2. HEADLINES AND GENERAL INTEREST STORIES THIS WEEK:  
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HEADLINE: Navy Physician Aids Injured Macedonian President  
CINCUSNAVEUR London (NSMN) -- A Navy Medical Corps officer from U.S. Naval Hospital Rota, Spain, was en route to the Former Yugoslav Republic of Macedonia Tuesday afternoon, 3 October, to provide medical assistance in the aftermath of an apparent assassination attempt on that country's president.

CAPT Nicolas D. Yamodis, MC, the hospital's executive officer and the only Navy neurosurgeon in Europe, departed Rota in a Navy P-3 aircraft assigned to Fleet Air Reconnaissance Squadron Two (VQ-2) at Rota, with an expected time of arrival of 1820, 3 October.

CDR Robert G. Leeds, executive officer of VQ-2, said his squadron's alert crew and aircraft departed only one hour after being notified. "I think this is the fastest we've ever responded," Leeds said. "This was an incredible team effort. The squadron really turned to and everything just came together."

President Kiro Gligorov was injured when a remotely

triggered car bomb was detonated as his motorcade was driving through Skopje, the capital. Victor D. Comras, chief of the U.S. mission in Skopje, condemned the attack and offered U.S. assistance.

Story provided by U.S. Naval Forces, Europe Public Affairs

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HEADLINE: Naval Medical Clinic Spirit Team Visits the Naval Home NMCL New Orleans (NSMN) -- Every quarter, the Naval Medical Clinic New Orleans Spirit Team takes a field trip to support their community. On 27 September, the team visited the United States Naval Home in Gulfport, MS.

The Naval Home is a model retirement center where former members of the Armed Forces can maintain an independent lifestyle in an environment designed for safety, comfort and personal enrichment. The Home, situated on a beautiful 30-acre campus formally occupied by the Gulf Coast Military Academy, currently serves more than 500 residents.

The mission of the clinic's Spirit Team is to conduct community outreach on behalf of Navy medicine and to honor the command's people of the quarter and year. The Team includes the commanding officer, command senior chief, Sailor of the Year, Civilian of the Quarter, Sailor of the Quarter, and Blue Jacket of the Quarter. Current members are CAPT Jerry B. Adkison, MSC, (CO), HMCS Brian Moore (CSC), HMC Larry Haider, USNR-TAR (SOY), Janey Mistich (COQ), HM1 Darrell Crone, USNR-TAR (SOQ) and HM3 Connie Buchholz, USNR-TAR (BOQ).

"We were honored to have the opportunity to visit the Naval Home, a superior organization which provides a genuinely caring environment for many of our Nation's heroes, and we were particularly delighted to spend quality time with several of the residents whose 'sea stories' enlightened us on America's rich military heritage," stated CAPT Adkison.

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HEADLINE: Friends Key to Suicide Prevention

BUPERS Washington (NSMN) -- Friends, family and shipmates are the keys to suicide prevention. When individuals experience intense emotional stress and believe there is no solution to their problem, they may consider suicide. You can be that friend who helps a shipmate.

Whatever the source of stress, be it a break-up of a relationship, legal problems or financial worries, some people feel that they cannot cope with their problems. Too often this same person attempts to relieve some of their pain by using alcohol. This usually worsens the situation and clouds their judgment. The situation becomes particularly dire if our shipmate has ready access to a weapon.

Preventing suicide means intervention by showing the person that someone cares about them and letting them know help is available. A common misconception is that talking about suicide encourages that person to carry out the act. In fact, failing to talk about it may have more devastating consequences.

Talking to the person can get them to open up and talk about

what is bothering him or her. If the problem is serious, it may be necessary to seek help for someone. Getting help early is important in solving whatever problems exist.

The next step is getting concerns to the chain of command. Medical specialists stress that friends should consider the risk of death, not the risk to a career as the biggest problem when approaching the chain of command about a shipmate with a problem. Shipmates can save a friend's life. For more information contact your chain of command, or visit the local family service center, chaplain or medical treatment facility.

Story by JO2 Scott Curtis, Bureau of Naval Personnel

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#### HEADLINE: Corpsman Rescues Man from Potomac River

NNMC Bethesda, MD (NSMN) -- It was a calm morning on the Potomac River recently. A light wind flitted about, but it was steadily growing in strength and in a few hours would reach speeds of up to 35 miles per hour.

Four people sailing on the Potomac, including one National Naval Medical Center staff member, would encounter both the good and bad sides of the wind in the next few hours.

HM3(AW) Chandra Carney, of the Patient Relations Office, set out from a riverside marina with her friend, Erica Brotzman, in the 18-foot sloop "The Flying Scot." Carney was to teach Brotzman how to sail.

Upriver, Steve Caudill was attempting to learn the same ropes from a friend, Chris, though in a much smaller, faster sailboat known as a "Hobie Cat."

Several hours later, as winds continually picked up, Carney came upon Caudill -- who had been in the water awhile. The Hobie Cat had capsized, and Caudill had not been able to reboard after he righted it before the wind took it away with his inexperienced friend. Caudill needed help. Fortunately, Carney arrived on the scene.

"I brought the boat to within about 10 feet of him," said Carney, "and I said, 'OK. Can you swim on over?' and he said, 'No, can you throw me a line?'"

Trained as a Navy hospital corpsman, Carney became concerned; she knew she might not have a lot of time. And she wasn't really equipped for a water rescue. "A sail boat is not like a motor boat where you can just pull up alongside and say, 'Here ya go buddy, climb on in,'" said Carney.

Luckily for Caudill, Carney was not only an experienced sailor, but an experienced sailboat racer. "I'm going to treat him like a sailing buoy," Carney remembered thinking as she zeroed in on Caudill. The tactic worked, and Carney was able to rescue the exhausted man.

Story by JO2 Roy DeCoster, National Naval Medical Center

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#### HEADLINE: Time's Running Out for Service School Applications

CNO Washington (NSMN) -- Medical Department officers with FY96 projected rotation dates have until 15 October to get their applications for service college/school to PERS-4415.

If you're interested in attending the Naval War College, the Marine Corps Command and Staff College or the Amphibious Warfare School, your application should already be on its way to the Bureau of Naval Personnel, via your chain of command, but there's still time if it's not.

NAVADMIN 214/95 has details, or contact your assignment officer for more information.

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HEADLINE: Navy-Marine Corps News Films Special at Bethesda

NMCN Washington (NSMN) -- If you don't routinely watch the weekly video show of Navy and Marine Corps news, you should start now. The 29 September issue is focused primarily on Navy medicine, having been filmed at the National Naval Medical Center's compound at Bethesda, MD. The show highlights care provided at Bethesda, the role of surgical technologists and an interview with a corpsman who serves aboard a submarine.

Many local cable stations across the United States air Navy-Marine Corps News, and your command also should receive copies of the program. If you need help on when and where you can see it, contact your base or station public affairs office.

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HEADLINE: HEALTHWATCH: Pap Tests -- An Early Warning System

USNH Yokosuka, Japan (NSMN) -- Every year, women of all ages have pap tests as part of their regular preventive medicine program. The value of the test is simply that it can detect potential problems early so they can be further diagnosed and treated.

Some women who have the tests done receive abnormal pap test results, and an increasing number are younger women in their teens and twenties. If you are among the women receiving a positive, or abnormal, report this year, a little bit of knowledge can help you deal emotionally with the future.

The pap test identifies the early signs of a number of cervical disorders. It is a simple procedure. While the speculum is in place, cells are skimmed from the surface of the cervix (opening of the uterus), put on a glass slide and sent to a laboratory for staining and microscopic examination. Classifications of abnormal results, from mild to severe, are explained below.

Mild -- Some cells show minimal changes, probably because of vaginal or cervical infection.

Moderate -- Cells are definitely abnormal, with more obvious changes or dysplasia.

Severe -- The cells are more abnormal in appearance. These findings may indicate severe dysplasia or a precancerous condition.

Dysplasia is an error in the formation of new cells. Dysplasia is not cancer. In every part of the body, cells are getting old and dying, while at the same time, new cells are growing to replace them. This process takes place at a very slow rate, and the change is in various stages constantly. Dysplasia can occur in several places in the body.

Modern diagnostic procedures can identify possibly precancerous conditions. Depending on what your findings are, your gynecologist may use one or more diagnostic and treatment procedures.

All women should have a routine pap test annually. You should have your first pap test as soon as you are sexually active, or from the age of 21.

Story provided by U.S. Naval Hospital Yokosuka

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3. Changes of Command: Information on new assignments of Navy Medical Department leaders.

-- CAPT H.E. Phillips, MSC, became the 12th director of the Medical Service Corps, taking over from RADM S. Todd Fisher, MSC, in a 29 September ceremony at BUMED.

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HEADLINE: Naval Hospital Guantanamo Bay Changes Hands 6 October

USNH Guantanamo Bay, Cuba (NSMN) -- In a change of command and retirement ceremony scheduled for 6 October at 0900, CAPT George "E" Gibson Jr., MSC, will be relieved as the commanding officer of U.S. Naval Hospital Guantanamo Bay by CAPT Faye Scott, NC. Scott will be reporting from Naval Medical Clinic Philadelphia, where she had served as the commanding officer since July 1994.

Navy Surgeon General VADM Harold M. Koenig, MC, will speak at the ceremony on the hospital grounds.

Gibson has served as the commanding officer of the hospital since October 1993. He will be retiring after 35 years of service and plans to reside in Camden, SC. As the hospital's commanding officer, Gibson has been the driving force behind the care and treatment of naval base personnel and for the Haitian and Cuban migrants during the past two years.

Gibson, a native of Hampton, SC, entered the U.S. Navy as a seaman recruit in October 1960. He has served three tours at Guantanamo Bay during his career -- as a hospital corpsman, as the director for administration after receiving his commission, and finally as the commanding officer.

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4. Calendar of events for November and articles on selected October events:

November

31 October-6 November: National Diabetes Education Week --  
1 800 338-DMED

National Diabetes Month -- 1 800 232-3472, ext. 290

Diabetic Eye Disease Awareness Month -- 1 800 331-2020

National Hospice Month -- 1 800 658-8898

Epilepsy Awareness Month -- (301) 459-3700

Native American Heritage Month

5-11 November: National Osteopathic Medicine Week -- 1 800  
621-1773, ext. 7401

5-11 November: National Radiologic Technology Week -- (505)  
298-4500

5-11 November: National Chemistry Week  
6-10 November: National Health Information Management Week  
-- (312) 787-2672, ext. 254  
6-10 November: Healthcare Information and Management  
Systems Week -- (312) 664-HIMS  
8 November 1895: Wilhelm Conrad Roentgen, a German  
physicist, discovered X-rays  
10 November 1775: U.S. Marine Corps Established  
11 November: Veterans Day  
12-18 November: Operating Room Nurse Week -- (303) 775-6300  
or 1 800 755-AORN  
16 November: Great American Smokeout -- 1 800 ACS-2345  
26-30 November: Military Family Week  
27 November: National Military Family Recognition Day  
27 November - 3 December: World Home Care Week (202) 547-  
7424

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HEADLINE: October is Family Health Month

AAFP Kansas City, MO (NSMN) -- October has been designated "Family Health Month" by the American Academy of Family Physicians. Family Health Month, with the theme, "See your Family Physician ... for the health of it," celebrates the benefits of establishing a partnership for health with a family physician trained in the art and science of maintaining a family's lifelong health.

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HEADLINE: October is Child and Adolescent Health Month

AAP Elk Grove Village, IL (NSMN) -- The American Academy of Pediatrics has designated October as Child and Adolescent Health Month. This effort by the nation's pediatricians is to increase public awareness of health issues that effect children and emphasize the value of preventive health care. "Prevention" is an ongoing general theme for Child and Adolescent Health Month; its slogan is "Solutions before Problems."

This year's focus is on Violence Prevention. Not only are children exposed to violence through the media, they experience it first hand -- from out-of-control parents and caregivers, and from the local bully. Low self-esteem is known to be associated with violence. In light of these issues, Child Health Month is a time to work with your pediatrician in creating an atmosphere of safety and support that will ensure optimal attainment of physical, mental and social health for all infants, children, adolescents and young adults.

Here are a few tips to help place solutions before problems:

-- Give consistent love and attention. Communicate with your children. Talk about their problems. It's not easy to show love all the time, but do your best to avoid hostile words or actions.

-- Be a good role model. Children learn by example. Show that you can deal with anger or frustration without resorting to violence.

-- Be firm but fair with discipline. Set consistent rules

and stick to them. Emphasize rewards for good behavior instead of punishment for bad behavior.

-- Build your child's self-esteem. Healthy self-esteem is a good defense against adversity for adults. It is even more important for children.

Every 75 minutes a child in our country is starved, beaten, shot or killed. But it doesn't have to be this way. Your pediatrician can give you more tips on safely raising your child in a violent world, including advice on television viewing, dealing with tantrums, what to do if your child is a bully or is having problems with one, building self-esteem, and alternatives to physical punishment.

Violence hurts everyone -- especially children. By working together, we can help the situation by implementing "Solutions before Problems."

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HEADLINE: Adult Immunization Awareness Week is 22-28 October

NCAI Bethesda, MD (NSMN) -- Each year in the United States, as many as 50,000 to 70,000 adults die needlessly from vaccine-preventable diseases or their complications. Influenza, pneumonia and hepatitis B lead the list. Deaths from these three infections are estimated to be 60 times greater than deaths from all vaccine-preventable diseases in children.

National Adult Immunization Week, 22-28 October, is one way to combat these statistics. The campaign's message is to inform adults of the importance in obtaining protection against eight potentially fatal or debilitating illnesses: influenza, pneumonia, hepatitis B, rubella, measles, mumps, diphtheria, and tetanus. The campaign is spearheaded by the National Coalition for Adult Immunization, which is a coalition of 75 voluntary and grants making organizations, corporations and government agencies.

According to the Centers for Disease Control and Prevention (CDC), persons 65 years of age and older are one of the major groups who are at risk of suffering most from influenza and pneumonia. Influenza shots must be taken yearly, ideally in the fall, to protect against the virus strains that are seen that year. The pneumonia vaccine provides protection for most people indefinitely. Both the influenza and pneumonia shots are covered under Medicare.

The hepatitis B virus infects some 200,000-300,000 Americans annually, 77 percent of whom are between the ages of 15 and 39. Only about 5 percent of adolescents or young adults at risk of hepatitis B infection have been vaccinated. The Occupational Safety and Health Administration requires that health care workers and others whose work may involve exposure to blood or other potentially infectious materials be vaccinated against hepatitis B. Health care students in training and fire and rescue personnel should also be vaccinated.

Studies by the CDC and others show that health care workers should be vaccinated against measles, mumps and rubella. Not only are these workers at risk of becoming infected with many of these vaccine-preventable diseases, but they can be a source of

infection to others.

Up to half of Americans over 50 years of age are inadequately immunized against tetanus and diphtheria. Despite its availability, 40 to 60 cases of tetanus still occur each year, resulting in at least 10 deaths annually in the United States.

For more information on adult immunizations, write to the National Coalition for Adult Immunization, 4733 Bethesda Ave., Suite 750, Bethesda, MD 20814-5228.

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HEADLINE: Presidential Message on Immunization Awareness Week

THE WHITE HOUSE Washington (NSMN) -- Greetings to all those commemorating National Adult Immunization Awareness Week 1995, sponsored by the National Coalition for Adult Immunization (NCAI).

We can be proud of the great progress we've made against preventable diseases. Millions of our children have been spared the ravages of illnesses thanks to our immunization efforts over the past few decades. Sadly, however, many of America's adults are still at risk, and thousands die each year from such vaccine-preventable illnesses as influenza, pneumonia, and hepatitis B.

Vaccinations require so little time and effort, and it is a tragedy when failure to take such a simple step results in death. As we observe this special week, I encourage my fellow Americans to review their immunization records and evaluate the risk of succumbing to preventable illnesses. I urge all adults at risk to consult health care professionals and to take the steps needed to protect themselves. In doing so, we can work to create a safer and healthier society.

I commend the members of the NCAI for your efforts to improve adult immunization levels and to promote preventive health care. You have my best wishes for a most successful campaign.

Signed Bill Clinton

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5. EDITORS NOTE: The regular feature, "Navy Medical Department People Involved in Operations," which normally appears in Naval Service Medical News in the first issue of the month, will run next week.

6. ADDRESSEES ARE ENCOURAGED TO SUBMIT INFORMATION AND NEWS ITEMS OF MEDICAL DEPARTMENT OR BENEFICIARY INTEREST (IN STORY FORMAT) BY TELEPHONE, FAX OR EMAIL TO BUMED, ATTN: NAVAL SERVICE MEDICAL NEWS (MED 00P2). TELEPHONE (202) 762-3223, DSN 762-3223. FAX (202) 762-3224, DSN 762-3224. EMAIL NMC0ENL@BUMED10.MED.NAVY.MIL//

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